

MENTAL HEALTH SERVICES

Telephone help for people with mental health problems and their carers living in the Sevenoaks area

You can get help from the following organisations:

Advocacy Support (providing help to get your views across)

Citizens Advice Bureau (CAB), Sevenoaks 01732 454443

And at Pembury Hospital* 01892 823535

*(Operated by Tunbridge Wells CAB-Tuesday & Wednesday 10am–12noon)

Assert (Citizens Advocacy Project) 01892 542088
Community Health Council 01892 538866

Alcohol Advice

Addiction Anonymous c/o Godden Green Clinic 01732 763491
Al Anon (for the family) 020 7403 0888
Alcoholics Anonymous 0345 697555
Kent Council Addiction 01474 567581
Cornerstone 01892 534422
St John's 01732 470840

Benefits Agency

(Income Support) 01892 507300

(Disability Benefits) 01634 810200

Carers

Alzheimer's Society 01892 541420
Carers First 01732 357555
Crossroads 01732 354629
Volcare 01732 357555
Rethink (NSF) 01732 457188

Counselling – general

Tunbridge Wells Counselling 01892 543982
Christian Counselling 01732 450118

Counselling - special situations

Cruse Bereavement Line 020 8322 7227
Cruse West Kent Branch 01732 353575
Relate 01892 529927
Relateen 01892 529927
Mums support (post natal depression) 01732 459558

Crisis - In a

Crisis Loan (Benefits Agency) 01892 507300
Emergency Services 999
Kent County Council (Out of Hours) 0345 626777
Kent Social Services 01732 360032
Rethink (NSF) (6pm - midnight) 0345 697590
Police 01732 771055
The Samaritans National No. 08457 909090
Local No. 01892 532323
Sane Line 020 7724 8000
Victim Support 01892 513969

Day Services

Age Concern 01732 454108
Disability Benefit Line 0800 882200
Beechmount Club Monday 01732 457230
Thursday 01732 458193
Chartwell Day Hospital (over 65) 01732 470200
Glen Dunlop Day Activities Centre 01732 743902
St. John's 01732 470840

Drug & Solvent Dependency

Cornerstone 01892 534422
St. John's 01732 470840
Godden Green Clinic 01732 763491

Education & Employment Advice / Guidance

Adult Careers Guidance Bureau 01892 538430
Sevenoaks Adult Education 01732 451618

Disability Resettlement Officer	01732 583735
Shaw Trust	01732 357751
KITE (employment via Social Services)	01732 362442
MAPS (Meaningful Activity Projects in Sevenoaks)	01732 451705

Health Services

Getting a GP/West Kent Health Authority	01622 710161
Community Health Council	01892 538866
Godden Green Clinic	01732 763491
St John's	01732 470840

HIV and AIDS Counselling

AIDS Support Group (Relatives & Friends)	01732 359200
Genito-urinary Medicine Clinic	01892 526111 Ext. 2337

Housing

Housing Advice from Sevenoaks District Council	01732 227000
Mental Health After-care Association	020 7436 6194
Rethink (NSF) Project Vine Court Road	01732 742351
Richmond Fellowship (temporary accommodation)	01732 452941
Shelter - Housing Advice	01732 742399
SDAMH ¹ Projects: Freshfields	01732 458124
42 The Drive	01732 741211

¹ (Sevenoaks & District Association for Mental Health {Affiliated to MIND})

Information and Advice

Citizens Advice Bureau:		
	Edenbridge	01732 865131
	Sevenoaks	01732 454443
	Swanley	01322 664949
Community Health Council		01892 538866
Health Information in the Weald		01732 743333
KIF (Kent Information Federation)		01474 534777

Freephone 080000 85050

Rethink (NSF)	Advice Line	020 8974 6814
Rethink (NSF)	(6pm - midnight)	0808 8083333
Rethink (NSF)	Asian Helpline (6pm - midnight)	0808 8083333
SDAMH ¹		01732 459558

¹ (Sevenoaks & District Association for Mental Health {Affiliated to MIND})

UK Psychiatric Pharmacy Group (Mon - Fri 11 - 5) 020 7919 2999

Women & Mental Health Infoline 0845 3000911

Library 01732 453118

NHS Information Service 0845 4647

Mental Health Services

Community Psychiatric Nurses (CPNs) age 16 - 65 01732 470840
over 65 01732 455155

Mencap 01732 451421

Pembury Hospital 01892 823535

Safely Home (c/o SDAMH) 01732 459558

Offenders, mentally disordered

Kent Probation Service 01732 351244

Respite Care

Carers First 01732 357555

Social Services 01732 360032

Volcare 01732 357555

Dynes Linked Service Centre 01959 523834

Social Services (Sevenoaks) 01732 585320

Support Groups

SDAMH¹ Projects **See Housing**

SDAMH¹ 01732 459558

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Reach Out - Self Help Group 01892 542088

Volunteer Bureau

Befriending 01732 454785

Volunteer Transport 01732 458931

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